



CAB partners with ROTC for training

By Alison Kohler
Community Relations

As three helicopters touched down in a prairie field, cadets with camouflage-painted faces and full battle rattle emerged from their cover in the tree line and crouching low to the ground, approached the helicopters.

This type of training scenario is typically not available to most Reserve Officers' Training Corps, but Kansas State University's Army ROTC cadets were able to simulate real-world training with the help of the 1st Infantry Division's Combat Aviation Brigade.

"Other schools are blown away. We're always on Fort Riley playing around. We can tap into Fort Riley resources unlike any other schools," said Alexander Balk, recondo 1st Sgt. and fourth-year student in civil engineering.

"Out of 292 ROTCs, there are probably 10 that get to train with helicopters," said Lt. Col. George Belin, professor of military science. "We've gotten to do this three times. To be able to do it at night - I'll bet we're the only one."

Mutual benefits

The CAB also benefits from supporting such missions.

"For us it's good training. We don't get to do many real-life training scenarios," said Chief Warrant Officer William Meisenzahl, a pilot with Company A, 2nd Battalion, 1st Aviation Regiment.

The mission consisted of pick-

ing up about 25 cadets at 3 p.m. from a field on Denison Ave. between Marlatt and Kimball Avenues in Manhattan and inserting them at Training Area 10 near Camp Funston on Fort Riley.

From there, the cadets moved about five kilometers to their objective. They accomplished light infantry and ranger-type operations and culminated the training by conducting a raid to rescue civilians on the battlefield. They couldn't stay to fight, so they called for an evacuation and the CAB returned at about 10 p.m. to pick them up out of a hot landing zone, said Lt. Col. Curt Slick, assistant professor of military science.

"It was outstanding. We had outstanding support from Alpha Co. 2-1 Aviation," Slick said.

Prior to the mission, the cadets rehearsed cold-load training, which is meant to instruct them on avenues of approach to the helicopters without the blades turning. The mission on April 19 was conducted in real-time, and the cadets loaded and unloaded the aircraft just as they would in the real situation.

"This training is great experience. We used to get on buses and pretend it was a helicopter," Balk said.

"The helicopters make it more lifelike. This is as best you can get for ROTC," said Matt Cavanaugh, cadet and freshman in business.

While some of the cadets viewed the training as preparation for Air Assault school and the Leader Development and Assessment Course, there is a possibility



Cadets Jason Grams, Logan Foster, Chance Moyer and Eric Cook lie in the safest position for take-off for those not aboard the helicopter. The cadets were practicing providing cover for the helicopter as it prepared to take off from the "hot" landing zone.

some of them will be deployed into theater within the next year, Balk said.

"It's like what we do down range," said Capt. Bob Dickerson, commander of Co. A, 2nd Bn, 1st Avn. Regt.

Both sides said they valued the relationship between Fort Riley and KSU. "I'm glad we can do this. For us to shake hands and do this, it's a good thing," Meisenzahl said.

"Hopefully we'll keep them interested in the Army and show them what they'll do and what they can do," Dickerson said.



Cadets keep contact with a UH-60 Black Hawk as they run around the helicopter to load on the opposite side during cold-load training April 18 at Marshall Army Airfield. The training is designed to instruct the cadets on avenues of approach and safety prior to loading with the blades turning, which is referred to as hot loading.



Cadets fasten their seatbelts after boarding a UH-60 Black Hawk during cold-load training April 18 at Marshall Army Airfield.

Post, Army news briefly

Control tower hours extended

Starting April 16, the Fort Riley Marshall Army Airfield Air Traffic Control Tower hours were extended to 2 a.m. to support the 1st Infantry Division Combat Aviation Brigade's training requirements.

If aircraft are not scheduled to fly or scheduled flights are cancelled Marshall Tower will close at midnight or anytime after all flights are completed prior to 2 a.m.

In all cases, the Kansas City Air Route Traffic Control Center will be notified when tower is closing.

Air conditioning to be turned on

Air conditioning systems are scheduled to be turned on from May 7-25 in the following order: barracks, bachelor enlisted and officer quarters, buildings in the 8000 area, community buildings, administration buildings, dining facilities and motor pools.

The heating and cooling systems in the chapels, medical and dental buildings will be maintained as needed.

Family housing occupants control their own heat and air conditioning systems as desired. The authorized temperature for the cooling season is 76 to 80 degrees.

For more information, call Steve Fief, Public Works, at 239-3908.

TRICARE COUNSELING

1 x 1"
Black Only
1x1Tricare02/11 f

HOUSE FILL AD

RANDY DAVIS DENTISTRY

2 x 2"
Black Only
2x2 Randy Davis Apr TF

HELPAW ARNESS CLINIC

3 x 3"
Black Only
clinic

MANHATTAN SHOE REPAIR

1 x 2"
Black Only
1x2 Man Shoe Apr TF

CANDLEWOOD HEALTH MART PHARMAC

2 x 2"
Black Only
2x2Candlewood Health11/03 t f

SUNFLOWER BANK - SALINA

3 x 5"
Black Only
3x5_sunflower_csh02 3/9/11591

DAILY UNION

3 x 5"
Black Only
Taste of Home





Post, Army news briefly

Unit to activate on post

A new unit is standing up at Fort Riley with the mission of easing the Army's transition into modular forces.

The Army Field Support Battalion – Fort Riley, part of the 407th Army Field Support Brigade – West based in Fort Hood, Texas, will activate during a ceremony at 10 a.m. April 27 at King Field House.

Nearly 600 personnel in the battalion, most of them contract workers, are already here supporting Fort Riley and the 1st Infantry Division. They provide logistics functions and capabilities for the division commander and the senior logistics commander at the tactical and strategic levels.

Col. Mario Coronel, commander, Army Field Support Brigade – West, will uncase the colors. Lt. Col. Shannon Pool, commander, Army Field Support Battalion – Fort Riley, will accept command of the battalion.

According to Maj. Sandra Steinke, the battalion executive officer, the battalion will maintain and repair equipment that deploying units did not take to Iraq in support of the war.

The Army Field Support Battalion is responsible for enhancing the readiness of all units on Fort Riley, to include Army Reserve units and National Guard units in Kansas through the integration of AMC logistics power, projection of technical capabilities and coordination of required resources.

Additionally, in the near future the Army Field Support Battalion will assume equipment duties for the 1st Combat Aviation Brigade and the Sustainment Brigade here.

\$5,000 reward offered by CID

The Fort Riley Criminal Investigation Division is investigating an alleged rape that occurred on Fort Riley in late January 2007. The perpetrator was described as a male, possibly Hispanic, approximately 5'10" tall, 175 pounds, wearing the Army winter physical training uniform and a gold ring with two diamonds on each side and a cross in the middle.

A \$5,000 reward is being offered for information leading to the identification, arrest and conviction of the person(s) responsible for the alleged rape. If you have any information concerning the incident, call the Fort Riley military police at 239-MPMP (6767) or CID at 239-3931.

This reward offer will expire April 13, 2008.

Transformation continued from page 1

Ideally the Army would like to have 45 modularized brigades, Lehr said, adding that they're a more effective fighting force than traditional brigades.

"The division can go to Iraq and we can go to Afghanistan and it would be okay because we're modular," Lehr said. "The commander has all the pieces he needs to make a decision built into the brigade."

Along with transforming into a heavy brigade, 3rd HBCT activated the "Dakotas," of the 1st Squadron, 13th Cavalry Regiment, and "Atlas," the 125th Brigade Support Battalion, which were inactivated upon returning from their last deployment. The brigade also welcomed the Special Troops Battalion "Greyhounds."



3rd HBCT photo
Brig. Gen. James Yarbrough speaks during the 3rd HBCT transformation ceremony April 17 at Cavalry Parade Field.

'Kodiak' extracts himself after mine strike

*By 1st Lt. Ashley Dellavalle
Task Force Rugged PAO*

BAGRAM AIRFIELD, Afghanistan – Pfc. Colin Kerr successfully extracted himself and his vehicle after an anti-tank mine strike April 7.

Kerr, a Soldier with Company A, 70th Engineer Battalion with just 10 months of experience in the Army, was scraping the surface layer of dirt to clear for mines and buried pieces of unexploded ordnance using an up-armored hydraulic excavator when he hit a mine at the south storage site near entry control point one.

"It was just a regular day," Kerr said, "then I hit the mine. I was wearing my hearing protection so I didn't hear the full blast, but it got my adrenaline pumping."

Kerr incurred no injuries from the blast and followed the procedures he was taught by his squad and platoon leaders during numer-

ous classes and training exercises.

"Stop operations, check for damage, see if the vehicle is operable and proceed backing out the same way you came in if your vehicle is operable," he said. "I backed out slowly, but I wasn't too nervous. I knew I wouldn't hit anything if I went out the same way I came in."

Kerr had no problems getting back in his vehicle and continuing his mission.

"I was just upset that my vehicle is down," Kerr said.

CINEMA 12/MANHATTAN, KS
1 x 4.5"
Black Only
1x4.5Carmike03/01new

FIRST PRESBYTERIAN
CHURCH
1 x 2.5"
Black Only
1x2.5 1st Pres Apr TF



3rd HBCT photo
Chester rides shotgun in the World War II era half-track during an inspection of the troops April 17 at Cavalry Parade Field.

PIONEER SERVICES

3 x 5"
Black Only
3x5 Pioneer

BERNER JEWELERS

3 x 10"
Black Only
3x10Bernier

MERCY REGIONAL

3 x 6"
Black Only
3x6Mercy04/1581sleep





Cajimat, Fuentes honored at ceremony

By Pfc. Andrea Merritt
1st Sust. Bde. PAO

The mood was somber as Soldiers, family members and friends gathered April 13 at Morris Hill Chapel to honor two Soldiers from the 4th Infantry Brigade Combat Team, 1st Infantry Division, who were killed in Iraq.

Spec. Jay Cajimat, 20, an infantryman with 2nd Battalion, 16th Infantry Regiment, was killed when a vehicle-borne improvised explosive device detonated near his unit April 6 in Baghdad.

In a separate attack, Spec. Daniel Fuentes, 19, an infantryman with 1st Battalion, 28th Infantry Regiment, died when an IED detonated near his vehicle April 6 in Baghdad.

The memorial ceremony for the Soldiers began with a song from Debbie Derenzo, who sang "I'm Proud to be an American" as she played guitar.

After the song tribute, the ceremony continued with a eulogy and remarks from Soldiers who knew them.

"Spec. Fuentes was the kind of guy who was ready to go anytime

to accomplish the mission," said Sgt. Eduardo Garza, Fuentes' squad leader.

Fuentes was full of life. He was a good friend, good Soldier, good comrade, and he will always be remembered, Garza said.

The tribute to Fuentes was followed by remarks about Cajimat from Cpl. Joshua Oneill, Cajimat's squad leader.

"Spec. Cajimat didn't say much, but when he did it was always funny and uplifting. Although he was in first platoon, he was able to lift the morale of the whole company," Oneill said.

"Some of the men can tell you Cajimat loved his native Hawaii, he loved to surf, and he talked about it all the time," recalled Oneill.

"One time when Spec. Cajimat was homesick, he bought a bunch of pineapples to share with all his peers, which is one of many examples of how he was able to show his loyalty and gratitude to the men in Alpha Company," Oneill said.

The ceremony concluded shortly after the remarks and many of the guests who attended took a moment to render honors to the two Soldiers.

Walberg, Genevie remembered at ceremony

By Anna Staats
Staff Writer

Two soldiers of the 1st Squadron, 4th Cavalry Regiment, 4th Infantry Brigade Combat Team, 1st Infantry Division were remembered for their patriotism, courage and sacrifice during a memorial ceremony April 20 at Morris Hill Chapel.

"These men lost their lives in defense of our nation and for that we will be eternally grateful," said Maj. Christine Pacheco, 4th IBCT rear detachment commander. "They have paid the ultimate sacrifice in this war and their memories must drive us to stay resolute in the face of adversity and to muster the courage to continue to fight against terrorism."

Pfc. Steven Joseph Walberg, 18, died April 15 when he was hit by enemy small arms fire in Baghdad, Iraq. Walberg enlisted in the Army on June 22, 2006. He was assigned to the Headquarters and Headquarters Company, 1st Sgdn, 4th Cav. Regt. as a rifleman and member of a personal security detachment. His military awards and decorations included the Bronze Star Medal, the Purple Heart Medal, the Army Commendation Medal, the National Defense Service Medal, the Iraqi Campaign, the Global War on Terrorism Service Medal, the Army Service Medal and the Combat Infantry Badge.

Staff Sgt. Steven Jackson remembered Walberg as a "quiet California Soldier" who was

dubbed "Wallieburger" by his friends. Jackson said Walberg earned the name after bragging that he was the best burger-maker in the world.

"He was so excited about deploying," Jackson said. "Walberg lived and breathed the Soldier's creed. And although his life has been taken away far too early, he died doing what he enjoyed - defending his country."

Spec. Aaron Michael Genevie, 22, died April 16, when his vehicle struck an improvised explosive device in Baghdad, Iraq. Genevie enlisted in the Army on July 7, 2005. He was assigned to the Troop B of the 1st Sgdn, 4th Cav. Regt. as a cavalry scout. His military awards and decorations include the Bronze Star Medal, the Purple Heart, the Army Com-

memdation Medal, the National Defense Service Medal, the Iraqi Campaign, the Global War on Terrorism Service Medal, the Army Service Ribbon and the Overseas Service Ribbon and the Combat Action Badge.

Jackson said Genevie loved combat and trained passionately in the discipline.

"I will always remember Aaron for his kindness, his generosity and his friendship," Jackson said.

Both Soldiers deployed with 4th IBCT in February in support of Operation Iraqi Freedom.

"They were experts and professionals," Jackson said. "They were guardians of American freedom and the American way of life. They were and always will be quarter-cav Soldiers."

Combat patches

continued from page 1

or serving as augmentees to deployed units. This also affected Soldiers under temporary duty orders in a combat zone.

The new guidance states that when echelons below company level deploy, Soldiers in those units may now wear the combat

patch of the lowest-echelon command they deploy with, as long as it's at company level or higher.

The new implementing instructions to Army Regulation 670-1 became effective March 28 and are not retroactive.

As before, Soldiers who have earned multiple combat patches may choose which patch to wear. Soldiers also may elect not to wear a combat patch.

THE PATHFINDER
2 x 3.5"
Black Only
2x3.5 Play

OKEP
2 x 4"
Black Only
2x4 Caregiver Workshop

MPs

continued from page 1

go, said there was nothing that could have prepared the team for what they had to do and it was quick reactions that allowed them to save their fellow Soldiers.

"When we got on the scene, I just knew that there were people under that stuff," he said, "and the faster we moved and the faster we dug with our hands or with whatever else we had, the faster we could get them out of there."

"It's all about just helping out your buddy."

While the MPs never want to be needed, Rohrer said it felt good to be able to help.

"We sit here on QRF (and) we

pray that nothing bad happens to anybody so we don't have to go out there," Rohrer said, "but when it did, it felt good to go out there and do some good."

Schorre said reacting in the manner his MPs did reflected highly on them.

"That mission reassured second squad that they are trained and ready to do just about whatever mission gets thrown at them," he said. "It also served as a notice to the rest of the brigade and the forces here in Baghdad that the 4th Brigade MPs are ready to step up at a moment's notice."

PANDA GARDEN CHINESE RESTAURAN
6 x 10.5"
Black Only
6x10.5 Panda Palace



Commentary

Thursday, April 26, 2007

Fort Riley Post

Page 5

Riley Roundtable

This week's question:

Why do you think it's important to volunteer?



"To make someone else's life easier and the world a better place to live."

Pfc. Luis Umana
Combat engineer
STB, 3rd HBCT
Home: Miami, Fla.



"We take a lot of freedoms for granted and volunteering is giving back."

Chris Foskett
Lead retail consultant
Home: Manhattan, Kan.



"It helps take pride in the community. You shouldn't get paid for simple things."

Capt. William Glaspy
Information systems officer
104th Div. Institutional Trainers
Home: Bozeman, Mont.



"It shows that you are a good samaritan. Everything you do is not about yourself."

Sgt. Johnnie Dorsey
Military policeman
97th MP Bn.
Home: Fort Lauderdale, Fla.



"It shows initiative and displays a community spirit."

Sgt. 1st Class Robert Nunnally
Infantry trainer
Co. D, 101st FSB
Home: Wasilla, Alaska

Letters to the editor:

The Post welcomes letters to the editor. Letters should not contain any libelous statements or personal accusations. Letters accepted for publication must include the writer's full name and a phone number where he or she can be reached.

Letters may be edited to fit space but never edited to change the writer's viewpoint. Send letters to anna.morelock@us.army.mil or fax them to 239-2592.

Alcohol Awareness Month

Alcohol not considered drug by many, but it is

By Clyde Sallee

ASAP Prevention Specialist

Many people do not consider alcohol a drug, but it is. It is a central nervous system depressant found in beverages such as wine, beer and liquor. It changes the way the entire body functions. It can make a person feel relaxed and more comfortable or it can make a person feel more aggressive and out of control.

While alcohol is a legal drug,



Clyde Sallee

for someone of legal age, its misuse and abuse is associated with a number of high-risk behaviors such as: suicide, spousal abuse, assault, sexual assault, motor vehicle accidents and work-related injuries.

Alcohol is the most abused drug. It is considered a gateway drug to other drug use. Alcohol use can cause slurred speech, irregular pulse, blurred vision, dizziness, slow reaction, high blood pressure, alcohol odor on breath, dilated pupils, unconsciousness and even overdose and death.

More than 17,000 deaths annually are alcohol related and problems continue to rise with underage and binge drinking. Binge drinking is defined as drinking five or more alcoholic beverages on the same occasion

on at least one day in the past month.

For more information or training on the effects of alcohol, underage drinking or binge drinking, call the Army Substance Abuse Program at 239-1928 or 239-5075.

Remember, April is Alcohol Awareness Month, so any units or directorates desiring prevention awareness education for alcohol use, misuse, abuse or dependency please contact ASAP staff to assist with your training or information needs.

Notes on Parenting

Supportive units make difference for single parents

By Michelle Houston, LMSW
NPSP Home Visitor

A supportive unit makes the difference in the experience of a single, pregnant or single-parent Soldier. I was serving in the Army in Germany in 1990 when I learned I was expecting a baby. Talks about being very surprised. Although I had cared for my younger siblings, I'd never had a baby before and never had the total responsibility of caring for a child. I had never been pregnant and really didn't know what to expect - but I was still excited. I continued to work in the motor pool as a clerk and ran during physical training for the first six months. If I did not feel well, my supervisors allowed me to lie down and did not give me the "third degree" when I had doctor appointments. I really felt supported by my unit. I was six months pregnant and stationed in Germany during Operation Desert Storm. A stop movement order was in effect. Again my command supported me by allowing me to purchase my own plane ticket to my next duty assignment so I could be back in the states before my baby arrived. I arrived at Fort Lewis, Wash., with time to prepare for my baby's arrival. I impressed, placed my name on the housing list, obtained an

apartment until housing was available and began my new job ordering parts for a signal battalion. I was new, pregnant, lived off post and did not know many people in the company. My sponsor was another pregnant Soldier in the same company. She and her husband really helped me make the transition into single parent Soldiering, which included car-pooling with me until I could afford to buy my own car. My unit even put together a care package for me during Thanksgiving that included household items. When I was admitted to the hospital to give birth to my son, my commander came to visit me twice.

After my maternity leave, it was back to work as normal. What I will always remember and appreciate the most is that on slow days or minimal workdays, my noncommissioned officer in charge would suggest I go home and spend time with my son. Others in my unit also were very supportive. They provided me with baby clothes, toys and supplies their children no longer needed. These folks made it their business to support our community. For my family this generosity was so positive and profound that I in turn did the same for other Soldiers who became pregnant after me.

I always talked to my son

about my job. I attempted to "normalize" my absences for training and duty. Early on, my son was made to understand the need for me to go to "the woods" to practice my job. My son and I had the support of our military community as well as the support of extended family. When I had prolonged field exercises in neighboring locations like Yakima or the National Training Center, extended family would come and stay with him or he would go to them in California.

I established a routine my son could look forward to when I was home. We read a Dr. Seuss book every night and would sing him the one and only lullaby I knew. You can imagine my surprise and pleasure when he opened his mouth and sang the lullaby to me when he was three years old.

Near the end of my military career, we (because being in the military is a family affair) were stationed at Fort Polk, La. I spent a lot of time in the field and deployed. Much like a business professional presents a business trip to the board, I presented separations to my son. We decided we would endure and be okay.

My son was four years old when I sent him to California while I attended training at Fort Chaffee, Ark., then participated in a peacekeeping mission. I left the military at the end of my tour

of duty when my son was five years old. I truly believe staying in the Army to that point was the best thing I could have done for my son and myself.

The units I worked in were no lightweight outfits, yet the support I received from them made my jobs as a Soldier and a parent much more doable. My son and I have done well over the years. He is now sixteen, a gifted student, very bright and considerate. He definitely understands the importance of community and I believe our time in the military helped convey this importance to him.

Comparing my experience then to the resources available now, I can only imagine how much more awesome things could have been for my son and me if services like the New Parent Support Program were available when I served in the military. More supports are available to help reassure single-parent Soldiers they're doing what is best for their children. I believe when people feel supported they are more productive. A good, supportive unit does indeed make the difference. If you would like more information about managing as a single parent Soldier or if you have questions, call the New Parent Support Program at 239-9435.

Child Abuse Prevention Awareness

FAP provides help for families in need

By Carolyn Tolliver-Lee
Family Advocacy Program

April is nationally recognized as Child Abuse Prevention Month. The Family Advocacy Program has joined our nation's campaign to prevent incidents of child abuse from occurring within the military communities not just during the month of April but all year.

Today's military families have demanding missions at home while their Soldiers serve missions abroad. It is critical for Families to form and maintain strong relationships despite daily stressors.

The Family Advocacy Program is actively involved to ensure military families receive the support and services they need to thrive under present-day situations. Every child and every family member deserves a safe home, a safe school and a safe community in which to live.

It is imperative for every adult to protect the well-being of all children. Every child is worthy of a promising future.

This year's Child Abuse Prevention campaign efforts are focused on parenting and safety workshops. Free parenting workshops include Active Parenting for Parents with Teens, Becoming a Love and Logic Parent, Effective Potty Training, Understanding Infant Growth and Development, and Lures Trainings for children. Informational tables will be located at the Post Exchange and the Irwin Army Community Hospital pharmacy patient waiting area. All activities are free to the public.

For more information about Child Abuse Prevention Month and parenting classes, call the Family Advocacy Program at 239-9435 or visit the Soldier and Family Support Center in Building 7264 on Custer Hill.



Carolyn Tolliver-Lee

Need to call for help?

Fort Riley domestic violence and sexual assault response line (24 hours) - (785) 307-1373
Fort Riley Victim Advocate Program - (785) 239-9435
Chaplains - (785) 239-4357
Irwin Army Community Hospital emergency room - (785) 239-7777
Military Police (785) 239-MPMP (6767)
Local Police (on and off post) - 911

FORT RILEY POST

This newspaper is an authorized publication for members of the Army. The contents of the Fort Riley Post are not necessarily the official views of, or endorsed by the U.S. Government, Department of Defense, Department of the Army or Fort Riley. The Fort Riley Post is an unofficial publication authorized by AR 360-1. Editorial content is prepared, edited and provided by the Public Affairs Office and Fort Riley. The Fort Riley Post is published by Montgomery Communications, a private firm in no way connected with the Army, under exclusive written contract with Fort Riley.

Publisher-Maj. Gen. Carter Ham
Public Affairs Officer-Lt. Col. Christian Kubik
Command Information Officer-Vacant
Printer-John G. Montgomery
Fort Riley Editorial Staff:
Editor-Anna Morelock
Staff writer-Anna Stantz
Advertising Representatives-
Mary Crough, Denette Basing, Lauren Hodges

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Montgomery Communications of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

For business or advertising matters, call The Daily Union in Junction City at (785) 762-5000. For news offerings, call the Fort Riley Public Affairs Office at (785) 239-8854 or DSN 856-8854, or write to the Public Affairs Office Bldg. 405, Fort Riley, KS 66442-5016.

Circulation 8,800 copies each week
By mail \$20 per year

A licensed newspaper member of the Junction City and Manhattan chambers of commerce

Jenny
THE MILITARY
SPOUSE





CAB crews engage in multi-ship gunnery

By **Spc. Stephen Baack**

1st Inf. Div. PAO

Pilots and crew chiefs of the 3rd Battalion, 1st Aviation Regiment are showing no signs of slowing down as the Combat Aviation Brigade draws closer to its scheduled deployment this summer.

Approaching their culminating aviation gunnery training this week, Soldiers of Company C took to the skies to engage in multi-ship, multi-door live-fire validation April 18 at Smoky Hill Air National Guard Range.

It was four birds at a time as UH-60 Black Hawk crews first ran through flying patterns using blanks for their M-240 machine

guns and then came back around for the real thing. Eight crew chiefs, one manning each door of the aircraft, engaged different targets at the same time.

For at least two crew chiefs, this is a favorite training event.

"If you get good pilots and good crew chiefs, then you get one hell of a ride," said Spc. Michael Grim, crew chief and flight instructor with Co. C.

Previously Grim was with a medical evacuation unit and said training exercises like these can illustrate just how demanding combat aviation can be.

"It's a pretty fast-paced job once you get out and start firing," Grim said. "There is constantly something to do. If you're not doing maintenance, you're prep-

ping for a flight. If you're not flying, you're turning wrenches and making sure your equipment is ready to go."

This exercise encompasses a lot of good training, Grim said, much of which he's still getting used to. He said firing blanks provides a good challenge because there are a lot more weapon malfunctions crew chiefs have to deal with and react to.

"The weapons just want to fire live rounds," Grim said with a laugh.

Another crew chief, Spc. Jeremy Smith, also with Co. C, said the actual firing isn't an exact science. From a moving helicopter, hitting "a few" and coming close most of the time means the gunner is doing a good job.

Smith said there is a lot more to think about, especially with the multi-ship training.

"You have a lot more to worry about," Smith said. You have other aircraft and you have to make sure you don't hit them."

Smith added that he's noticed the training tempo has picked up as the brigade gets closer to their slated deployment.

"So far I think it's been a fantastic exercise," said Lt. Col. James Bradley, 3rd Bn., 1st Avn. Regt. commander.

Being in the field as much as the Soldiers are allows the battalion to implement lessons learned on a much more compressed timeline, Bradley said, doing so in the garrison environment would have taken weeks.

Developing confidence in their weapon system is the key to successful gunneries like this one, Bradley said, and just getting up



1st Inf. Div./Baack

UH-60 Black Hawks of Company C, 3rd Battalion, 1st Aviation Regiment, form a "convoy in the sky" during their multi-ship gunnery training at Smoky Hill Air National Guard Range Apr. 18.



1st Inf. Div./Baack

The muzzle of an M-240 erupts with a flash through the blank adapter as crews fire at targets during Company C's multi-ship gunnery training at Smoky Hill Air National Guard Range Apr. 18.

in the air and firing away is the best way for the Soldiers to get mentally prepared for their upcoming real-world missions.

Near the end of multi-ship exercise, Bradley himself jumped into the pilot's seat to participate in the live-fire portion. Even though he's the battalion commander, Bradley said he does it as much as he can.

"It's what we do and I'm the primary trainer, so I have to get up as much as I can – and it's fun."

COLLEGE HEIGHTS BAPTIST

2 x 2"

Black Only

2x2College#t:sl1/0 t f

DAILY UNION

6 x 12.5"

Black Only

AUSA



Field kitchens get upgraded ‘weapon’ system

By **Spc. Stephen Baack**
1st Inf. Div. PAO

Food service specialists from the Combat Aviation Brigade's 601st Aviation Support Battalion became the first testers in the Army for a new field kitchen weapon - the Thermostatic Control Unit.

The TCU, the implementation of which is aimed at improving the accuracy and safety of the Army's Modern Burner Unit, is an external, digital thermometer that regulates food temperature.

As it stands, MBUs in mobile kitchen trailers are lacking both temperature gauges and thermostat control. Without the TCU, there was a lot of estimation in regulating heat.

"That's all it was - just guesswork, or using a bi-metallic thermometer," said Sgt. Michael Smith, food service sergeant, Headquarters Support Company, 601st ASB. "You're ballpark until you had that temperature and not

all food service specialists have thermometers readily available that we should have. With this system, it takes the need for that away."

The TCU works with the oven, the serving line and the field sanitation center.

"With this new thermostat control unit, it allows us to have a preset temperature along with the burners and we don't have to worry about constantly monitoring the temperature," Smith said. "It's already preset. We don't have to worry about it."

While the Army has made strides over the years in improving the food Soldiers eat in garrison and in the field, food service specialists say it's a different picture on the other side of the serving line.

Five years ago the MBU itself replaced what is considered by project managers to be its more dangerous, less convenient predecessor, the M-2 Burner, which was a part of the force since 1960.

"It's kind of tough when I brief

people who are not familiar with the Army," said Glenn Doucet, MBU project engineer, Product Manager-Soldier Support at the Soldier Systems Center in Natick, Mass.

"They look at the stuff - I brief a lot of college students - and say this kitchen does this, that and the other thing. They say, 'Well, that's not so great.' 'Well, maybe we should show you what they had before.'"

Doucet is not only referring to the M-2 Burner itself, but also to mobile kitchens of the past.

"Yeah, it was really primitive," Doucet said. "If you went to a field kitchen in the '80s or '90s, it was archaic. No running water, no electricity."

"In 17 years of food service, this in conjunction with the MBU is the best thing since sliced bread," Smith said. "This system is actually the Army's first step at appeasing the cooks versus the diner, and that's really nice."



1st Inf. Div./Baack
Spc. Johnnie Booker, food service specialist with Headquarters Support Company, 601st Aviation Support Battalion, Combat Aviation Brigade, adjusts the Thermostatic Control Unit to start up the oven inside a mobile kitchen trailer.

DAILY UNION
6 x 15.5"
Black Only
service directory





Transportation units ready to roll

Spc. John Cory, a truck driver for the 24th Trans. Co., spends time with daughter, Jolene, 1, after the company's deployment ceremony April 17 at Cavalry Parade Field.

1st Sust. Bde./Merritt



By Pfc. Andrea Merritt
1st Sust. Bde. P4O

Three more units bid farewell to family, friends and Fort Riley during a deployment ceremony April 16 at King Field House and April 17 at Cavalry Parade Field. The Soldiers of the 266th Movement Control Team recently received deployment orders so they were unable to hold their deployment ceremony along with the 24th Transportation Company and 2nd Platoon, 2nd Transportation Company, Heavy Equipment Transportation, April 17 as originally planned.

Instead, they held their ceremony April 16 at King Field House and deployed to Iraq the next day. "Him leaving so soon, it's hard," said Ann Parker of her husband, Sgt. Patrick Parker, a transportation management coordinator with the 266th MCT. She is eight months pregnant with their child.

"It's just hard, period, but it's mainly because the baby's so close to being born," Ann said as she rested her hand on top of her stomach.

During the ceremonies, Lt. Col. Robert D. Brem, commander of the 1st Sustainment Brigade's Special Troops Battalion, gave a speech and offered his thanks and encouragement to the troops. "I wish you the best of luck. Do your duty, accomplish the mission and come home safe," Brem said. The units cased their guidons, which will be uncased in another ceremony once they reach their destinations in Iraq.

For some family members, attending the ceremony and preparing for their loved one to deploy was déjà vu. This will be the third and fourth deployments for many of the units' Soldiers.

"This will be her third deployment," said Kathy Dunham, a training technician for the Reserve Component Support Division at Fort Riley, about Sgt.

Kitty Taylor, her identical twin sister.

"It makes me more nervous, the thought of her being over there because the longer she's there, there's more of a chance of something happening to her," Dunham said.

Dunham cares for her sister's two young daughters while she is deployed.

"The children have their readjustment phase, but I think it makes it easier that we're identical twins. The kids get to see a familiar face," Dunham said.

Although some family members worry about their Soldiers' safety, they have faith everything will be all right.

Marvene Doty drove five hours from Fair Grove, Mo., to attend the deployment ceremony April 17 in support of her daughter-in-law.

"I'm very much nervous," Doty said, "but she will be okay. God will take care of her."

Post, Army news briefly

Retirement orientation set

The semi-annual Pre-Retirement Orientation will be held from 8 a.m. to 4:30 p.m. May 4 at Riley's Conference Center. Registration will begin at 7:30 a.m.

This orientation is for individuals that have submitted their request for retirement.

However, any Soldier contemplating retirement in the near future is welcome to attend. The purpose of the orientation is to receive information concerning rights, benefits and responsibilities in conjunction with retirement.

Soldiers that are eligible for early retirement (medical reasons only) should also attend. Spouses of retiring personnel and prospective retirees are invited and encouraged to attend.

This orientation is a requirement in accordance with AR 600-8-7 and Soldiers may attend as many times as they wish. Soldiers and spouses are invited to stay at Riley's Conference Center during the noon break to enjoy a complimentary lunch while visiting with local employers. A "meet and greet" social period for networking opportunities will immediately follow the orientation.

The "meet and greet" will include a cash bar, appetizers and door prizes. Soldiers can meet with major regional business leaders and employers to learn about career possibilities as they plan their transition from military to private life.

Soldiers and spouses are encouraged to bring their resume and contact cards to exchange.

For more information, contact the Retirement Services Office in Building 210 on Main Post or call 239-3320 or 239-3667.

SJA office to educate students during Law Day events

By Sgt. Melissa Applebee
Legal Assistance Office

Maj. Gen. Carter Ham, commanding general of the 1st Infantry Division and Fort Riley recently signed the Law Day proclamation, wherein he urged everyone to "use this occasion to preserve and strengthen the rule of law."

The proclamation read: "In order to preserve our great traditions of democracy and the rule of law, our youth must be made aware of their rights and responsibilities in a democracy. We must make every effort to ensure that today's youths are well-equipped to become effective participants in our nation's civic life."

Across the country and around the world, civilian and military attorneys are making plans within their state and local communities for Law Day 2007, which is celebrated every year on May 1.

Each year, the American Bar Association selects a central theme for Law Day activities. These themes are drafted and instituted with the purpose of educating the general public about the Constitution and raising awareness of the legal system's role in the daily lives of all Americans.

Members of the Fort Riley Office of the Staff Judge Advocate will keep the words of the proclamation in mind as they set out to educate local fifth and seventh grade students about this year's Law Day theme, "Liberty Under Law: Empowering Youth, Assuring Democracy."

Members of the Office of the Staff Judge Advocate have been involved with local schools in an effort to educate students regarding law and the Constitution for more than 20 years.

This year's theme focuses on educating children about issues that may be important to them, and encouraging them to consider how decisions made by the legal system may affect them. Fifth-grade students will be "Taking a Stand" about an issue that affects them and will explore how to have their opinions heard.

Seventh-grade students will participate in opinion polls in which they will learn "What Do People Think?" They will analyze the information collected from the polls, draw conclusions and make recommendations based on the results of the polls.

These lesson plans have been developed and approved by the American Bar Association for presentation to elementary and middle school students.

In addition to visiting the local schools and educating students, several other events have been planned in celebration for Law Week, including a Fun Run kicking off the week May 1, an annual golf tournament with the local legal community May 2, and an office cook-out May 4. In addition, Col. Walter Walczak, a retired Judge Advocate who was stationed at Fort Riley and is now employed by the State of Kansas, will visit Fort Riley to provide a workshop for SJA attorneys.

The Law Day Committee for the 2006 Law Day events was recognized by the American Bar Association as a winner of the Law Day 2006 Activity Awards. The office is hoping for bigger and better things for 2007.

For more information on 2007 Law Day events, call the SJA office at 239-6392.



Courtesy photo

Maj. Gen. Carter Ham, commanding general of the 1st Inf. Div. and Fort Riley signs the Law Day proclamation recently at the SJA offices. Behind Ham, from left to right are Capt. Shesha Davis, Capt. James Wolkensperg, Sgt. Mandy Winkler-Clair, Capt. Vincent Shuler, Regina Stover and Sgt. Melissa Applebee.

HOUSE FILL AD

EASTSIDE WESTSIDE MARKET
2 x 8"
Black Only
2x8SHOWCASE

JUNCTION CITY GENERALS
2 x 9"
Black Only
Opening night

HOUSE FILL AD

TRENDY'S CAFE
2 x 2"
Black Only
2x2.trendyscafe.4/12.6637.1k

FIRST SOUTHERN BAPTIST
2 x 2"
Black Only
2x2FirstSouthern02/16c.f

STATE FARM INSURANCE
2 x 2"
Black Only
2x2.statefarmP8BTF.2/22.56251k





1st Bde./Lee

Company DUI free for 5 years

By Master Sgt. Jack Lee
1st Bde. PAO

Lt. Col. Chris McCurry, 101st Forward Support Battalion commander holds up the streamer to be added to the Charlie Company, 101st FSB guidon at a recent ceremony.

The Co. C Soldiers received recognition for five years with no driving under the influence citations. Each Soldier received an Army Achievement Medal and five Soldiers received brigade commander's coins since they were in the company the entire five years.

"This is truly a testament to the Soldier's commitment to excellence," said Capt. John Bezou, company commander.

Bezou said he felt that he and the first sergeant didn't do anything out of the ordinary for this accomplishment, but as time wore on, staying DUI free became more ingrained with the individual Soldiers.

"The ceremony is a celebration of and for the Soldiers," Bezou said.

McCurry said he was extremely proud of the achievement.

"In my 20 plus years of Army service, I have never heard of a unit going five years without a single DUI.

"The superior leadership of the company leaders - both past and present - have collectively enabled this remarkable accomplishment," McCurry said.

HOUSE FILL AD

FAITH FURNITURE
3 x 9"
Black Only

HOUSE FILL AD

CENTRAL TEXAS COLLEGE
3 x 10"
Black Only
3x10CentralTexasCollege

FAITH FURNITURE
3 x 9"
Black Only
3x9 What you like





Reactivation continued from page 1

six years in Vietnam, and deployments to Macedonia, Bosnia, Kosovo and Operation Iraqi Freedom I and II.

"Those who preceded you have willed their distinguished combat history to you," Yarbrough said. "You're the perfect fit to carry the proud traditions of your battalions into this century."

Spiszer added the dedication of the Soldiers is what is going to make the Duke's mission a success.

"We are in the best possible position to exceed and excel in the tasks ahead," Spiszer said.



1st Inf. Div./Roberts
3rd Infantry Brigade Combat Team commander Col. John Spiszer hands the brigade colors to brigade Command Sgt. Maj. Ronald Orosz during the brigade's reactivation ceremony.



Spe. David Singell (left) and Pfc. Dwayne Massey, 1st Platoon, Howitzer Battery, 2nd Squadron, 3rd Armored Cavalry Regiment, fire an artillery cannon during the reactivation ceremony for the 3rd Infantry Brigade Combat Team, 1st Infantry Division.
1st Inf. Div./Roberts

DAILY UNION
2 x 3"
Black Only
SUNDOWN SALUTE RAT RACE

WILDCAT PET RESORT
2 x 3"
Black Only
2x3Wildcat3/mrf

MANHATTAN ARTS CENTER
2 x 7"
Black Only
2x7 MAC Coming Soon

US CELLULAR
4 x 16"
Black Only
PU 4-20 FC





Fort Riley Community Life

Thursday, April 26, 2007

Home of the Big Red One

Page 11

Community news briefly

Red Cross seeks volunteers

The Red Cross will hold its annual summer youth program for volunteers ages 15 to 21 who want to volunteer in the hospital or vet clinic at Fort Riley. Registration will be held at 9 a.m. June 4 on the fourth floor of Irwin Army Community Hospital in the EPD conference room.

Volunteers ages 13 to 17 can register at 1 p.m. June 4 at the Army Community Services training room.

All volunteers need to sign up with the Red Cross office between May 7 and 25. For more information, call 239-1887.

SKIES to hold dance recital

The SKIES Unlimited program will hold a dance recital beginning at 6:30 p.m. May 9 at Patton Hall on Main Post. For more information on the recital or SKIES Unlimited classes, call Shelley Anderson-Buckley at 239-4723.

Goddess getaway set

Ladies, mark your calendars to attend the first ever Goddess Getaway from 10 a.m. to 5 p.m. May 12 at Riley's Conference Center.

This Mother's Day weekend let your inner Goddess shine with spa services at discounted prices.

Packages are available for facials, manicures, hair styling and much more. Lunch and complimentary snacks will be provided.

Free limited childcare will be provided and discounted bowling and golf are available to allow the men to relax.

For more information, call 239-5614 or 784-1000.

Ware to hold review day

Join students and teachers at Ware Elementary School from 1:30 to 3:30 p.m. May 1 during "Schools in Review." Parents and community members are welcome to attend to see what students have learned from A to Z. Activities will include a walk through Ware, and alphabetical group games and activities. Food also will be provided during "Eating A to Z."

Summer camp to be held

Operation Purple camps offer a free week of summer fun for military kids with parents who have been, are currently or will be deployed. This year more than 40 weeks of camps will be held at 34 locations in 26 states. Campers from all service branches will gather together to experience a memorable week of fun and adventure with a focus on learning coping skills to better deal with a parent's deployment.

For more information on Operation Purple camps or to download an application packet, visit the National Military Family Association Web site at www.nmfa.org.

Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

Healthy kids

Students spend day at wellness fair

By Laura Stroda
The Daily Union

Physical fitness is a crucial part of life for Ron Prince, head football coach at Kansas State University. But athletes aren't the only ones who should be concerned about their well-being, he told a gym full of students April 18 at Fort Riley Middle School.

"I would like for you to make sure that you take your own well-being as your No. 1 priority," he said before the students were dismissed to take part in the school's annual wellness fair.

Prince shared his story of growing up in Geary County Unified School District 475 schools. It was easy for him to relate to the military deployment in the room because his father was stationed at Fort Riley when he retired.

It's often difficult for others to understand the unique challenges that come with being a "military brat," Prince said. He encouraged students to worry about themselves because their parents "can take care of themselves." Soldiers were returning from the Vietnam War when Prince was growing up in Junction City and it wasn't an easy time. Students at Fort Riley face a similar situation today with Soldiers deployed to Iraq and Afghanistan.

"But time moves on and things do become normal again," he said. "And guess what, the same thing will happen here." Prince encouraged students to take advantage of all the opportunities that come their way. "Don't just sit in the house," he said. "Get out and play hard." Exposing students to a myriad of physical fitness opportunities and careers is the driving force behind the wellness fair, said school physical education teacher Joanie Hayden.

"This is really doing things in a different way, learning in a different way," she said. "Hopefully with the variety of activities,

See Wellness Fair, Page 16



3rd HBCT/Vega
A Fort Riley Middle School student scales a climbing wall April 18 during the school's Wellness Fair. Students participated in activities throughout the day that encouraged physical fitness.

Web site offers answers

Site provides behavioral health info for families

By Jerry Harben

Army Medical Command PAO

What exactly is a Post-Deployment Health Reassessment? Where can I get help for my spouse who is having nightmares about experiences in combat? My buddy said he's thinking about committing suicide, what should I do?

Such questions come to the forefront when Soldiers must deal with the stress of war. Now there is a new source for quick access to answers.

A new Web site - www.behavioralhealth.army.mil - provides information for Soldiers, their families and other interested members of the public.

Topics include behavioral health needs before, during and after deployments; pre- and post-deployment health assessments; post traumatic stress disorder; suicide prevention; battlefield training; and resources where Soldiers and families can get help. Links and points of contact are provided for additional information.

"Although many Web sites have information relevant to behavioral health in general, not many are relevant to Army personnel," said Col. Elspeth C. Ritchie, psychiatry consultant to the Army Surgeon General. "We created a portal where people can find relevant and reliable information about behavioral-health needs specific to the Army."

Fifteen to 30 percent of Soldiers returning from Iraq experience post traumatic stress symp-

See Web site, Page 13

Student collects dresses for service project

By Anna Staatz
Staff Writer

The full-skirted coral prom dress Autumn Gilliam chose was purchased after trying on more than 30 dresses at stores from Salina to Kansas City. The 17-year-old junior at Manhattan High School is looking forward to her first prom and hoping a service project will make prom a little more special for students at Flandreau Indian School, Flandreau, S.D.

Autumn, the daughter of 1st Infantry Division Chief of Staff Col. Walter and Ella Gilliam, said she chose the service project after hearing about it through a neighbor.

The Native American boarding school for at-risk students houses 350 young people, 70 percent of which are women. An instructor at the school is married to a teacher at Fort Riley Elementary School. He asked her to let

acquaintances at Fort Riley know that he was looking for prom dresses, since students at the school are unable to afford or travel to select a dress.

After talking with officials at Manhattan High School and obtaining a school sponsor for the project, Autumn began collecting dresses in mid March. Her goal was 50 dresses, which she has exceeded.

"Some of my classmates were worried at first," Autumn said. "I think they didn't think it would work. But I tried to be pretty optimistic and most people became pretty excited."

Ella said Autumn became a "celebrity" of sorts at school and was often asked about the project.

"Some of the dresses are brand new and still have tags," Ella said. The project is one of several Autumn has worked on during her high school career, en route to picking up 100 service hours and graduating with distinguished ser-

See Dresses, Page 14



Post/Staatz
Autumn Gilliam, daughter of Col. Walter and Ella Gilliam is collecting prom dresses for a Native American school in South Dakota.

Post remembers Holocaust victims at ceremony

By Laura Stroda
The Daily Union

He spent more than three years in Nazi labor camps as a young boy and has no visual recollection of his mother and sister, who were among the millions of Jews killed during the Holocaust.

But, William Samelson has found a way to forgive those

responsible for the atrocities inflicted on his people, even though the scars remain.

"Forgiving is an overcoming of the evil that happened," Samelson said as he addressed a room full of Soldiers and civilians at Riley's Conference Center April 18. Samelson was the featured speaker at Fort Riley's Days of Remembrance Observance.

The theme of this year's observance was Children in Crisis: Voices of the Holocaust. Lt. Col. Rob Foutz, Fort Riley's Equal Opportunity Program manager, said researching for this month's observance was particularly powerful and "somewhat disturbing." "Children were frequently among the first to be murdered," Foutz said before introducing Samelson,

calling him a person he admires a great deal.

"He is truly a voice of the Holocaust," he added.

Samelson broke down in tears several times and evoked the same reaction from the audience as he recounted how his family was held in a ghetto before being shipped off to camps, where their fate was either work or death, and

sometimes both.

He told how his 7-year-old sister wasn't tall enough to go to the labor camp with him and his older brother. He told how his mother chose to leave her boys and go with her daughter to die.

"I will never forget the sound of those words ... 'Throw away the garbage,' as he pointed at my

See Remembrance, Page 13





Community news briefly

Mother's day brunch offered

Riley's Conference Center will be hosting a Mother's Day brunch from 11:30 a.m. to 2 p.m. May 13. The menu includes assorted entrees, desserts and beverages.

The price for adults (age 16 and over) is \$15.95, children ages 6 through 15 are \$9.95 and children 5 and under are free.

Registrations will be accepted until May 4. Twenty walk-ins will be accepted the day of the brunch.

For more information or to register, call 784-1000.

SAS summer camp offered

Enrollment for Summer Camp through School Age Services will begin April 30 and continue until May 4 for current SAS youth.

Registration will begin May 7 for children not enrolled through SAS. All children wishing to participate in School Age Services' Summer Camp must be enrolled through Child and Youth Services and their yearly \$18 (up to \$40 maximum per family) registration fee paid.

Camp will begin May 29 and continue until August 10.

For more information or to register for Summer Camp, call 239-9220.

PRAIRIE HAWK CYCLE & LEATHER,
1 x 1.5"
Black Only
1x1.5 Prairie Hawk Apr TF

Secondhand smoke, firsthand problem for all

By Pete Wiemers

Preventive Medicine, IACH

Secondhand smoke is a mixture of the smoke given off by the burning end of a cigarette, pipe or cigar and the smoke exhaled from the lungs of smokers. The American Lung Association states secondhand smoke contains chemicals known to be toxic or cancer causing such as formaldehyde, benzene, vinyl chloride, arsenic, ammonia and hydrogen cyanide.

Exposure to secondhand smoke is called involuntary or passive smoking. It is involuntarily inhaled by nonsmokers, lingers in the air hours after cigarettes have been extinguished and can cause or exacerbate a wide range of adverse health effects, including cancer, respiratory infections and asthma.

Secondhand smoke has been estimated to cause 22,700 to 69,600 deaths per year from heart disease in adult nonsmokers. The current Surgeon General's Report concluded scientific evidence indicates there is no risk-free level of exposure to secondhand smoke.

The following list from the ALA Web site shows how second-

hand smoke

is harmful:

Secondhand smoke causes about 3,000 deaths each year from lung cancer in non-smokers.

Secondhand smoke causes irritation of the eyes, nose and throat.

Secondhand smoke also can irritate the lungs, leading to coughing, excessive phlegm and chest discomfort.

Secondhand smoke has been estimated to cause 22,700 to 69,600 deaths per year from heart disease in adult nonsmokers.

The current Surgeon General's Report concluded scientific evidence indicates there is no risk-free level of exposure to secondhand smoke.

Short exposures to secondhand



Pete Wiemers



FOR YOUR HEALTH

smoke can cause blood platelets to become stickier, damage the lining of blood vessels, decrease coronary flow velocity reserves and reduce heart rate variability, potentially increasing the risk of heart attack.

The ALA reports that children who breathe secondhand smoke are more likely to suffer from pneumonia, bronchitis and other lung diseases, have more ear infections, and are more likely to develop asthma and have more asthma attacks. There are an estimated 150,000 to 300,000 cases every year of infections, such as bronchitis and pneumonia in infants and children under 18 months of age who breathe sec-

ondhand smoke. These infections result in between 7,500 and 15,000 hospitalizations.

To protect yourself and your family from secondhand smoke, don't smoke in your home. Ask other people not to smoke in your home, especially baby sitters or others who may care for your children. Choose children's day care centers, schools, restaurants and other places you spend time in that are smoke-free. Ask smokers to go outside while they smoke. If people must smoke inside, limit them to rooms where windows can be opened or fans can be used to send the smoke outside. Help people who are trying to quit smoking.

What if you smoke? Never smoke around children. Children are especially sensitive to the dangers of secondhand smoke. If you smoke, try to smoke only in an open area away from your family. Many of the substances stay in the air even after the cigarette, cigar, or pipe is gone.

What can you do to protect yourself and your family outside of your home? Let family, friends and people you work with know you do care if they smoke around you. In your car, do not smoke or allow others to smoke while the windows are rolled up. In restaurants and bars, ask to sit in the non-smoking area. Make sure your child's day care, school and after-school programs are smoke-free. Ask your employer to make sure you do not have to breathe other people's smoke at work.

Visit www.flonline.org for more information or contact the IACH Preventive Medicine Department at 239-7323.

Fort Riley units recognized for recycling efforts

Special to the Post

Each quarter, Fort Riley units are recognized by the Fort Riley Recycle Program. Through the troop incentive program, units earn monetary awards for their Morale, Welfare and Recreation accounts by recycling.

Awards are based on the most pounds recycled per Soldier, every quarter, based on the assigned strength of the unit.

The following units were

Recycle Troop Incentive Program winners for the second quarter of fiscal year 2007:

Small Units

\$500 – 1001st Military Police Company

\$400 – 15th Finance Detachment

\$300 – U.S. Army Garrison

\$200 – Headquarters and Headquarters Company, Combat Aviation Brigade

\$100 – Dental Activity
\$100 – 10th Air Support Operations Squadron

Medium Units

\$600 – Medical Department Activity

\$500 – HHC, 1st Infantry Division

\$400 – 101st Forward Support Battalion

\$300 – 4th Battalion, 1st Field Artillery Regiment

\$200 – 3rd Battalion, 1st Aviation Regiment

\$100 – 1st Battalion, 41st Infantry Regiment

\$100 – HHC, 1st Brigade

\$100 – 2nd Battalion, 34th

Armor

Large Units

\$800 – 601st Aviation Support Battalion

\$700 – 1st Battalion, 5th Field Artillery Regiment

See Recycling, Page 14

OLSON'S SHOE SERVICE

2 x 2"

Black Only

2x2 Boots looking worn

LIVING WORD CHURCH - MANHATTAN

3 x 2.5"

Black Only

3x2 SLAVING Word01/04cf

BRIGGS AUTO LANE

6 x 10.5"

Black Only

6x10.5 Price Clobber





Community news briefly

BOSS to getaway to St. Louis

Spend your Memorial weekend in St. Louis with the Better Opportunities for Single Soldiers program. Transportation will be provided and will leave May 25 and return May 27.

The weekend will include a trip to Six Flags over St. Louis.

To register or for more information, call Information, Ticketing and Registration 239-5614 or 239-8147.

Hike 'n History walk to be held

Learn interesting facts about Fort Riley's past during the Outdoor Recreation Center's 'Hike N History' walk scheduled for May 23.

The hike will begin at 9 a.m. at the Outdoor Recreation Center.

Registration is free and will be accepted until May 19.

Participants are asked to dress according to the weather.

For more information or to register, call 239-2363.

SAS to offer moms breakfast

Join School Age Services as they celebrate mothers, with a complimentary Mother's Day breakfast-to-go from 6:45 to 7:45 a.m. May 11. The Mother's Day breakfast-to-go is free and open to SAS parents.

For more information, call 239-9220 or 239-9225.

Yard sale rescheduled

Fort Riley's post wide yard sale will be held from 8 a.m. to 2 p.m. May 5.

MEMORIAL HOSPITAL ABILENE
1 x 2"
Black Only
1x2.mediac7.H.4/1.6295.1k

LIGHTHOUSE CHRISTIAN FELLOWSHIP
1 x 2"
Black Only
1x3Lighthousefellowship1/03.tif

AMERICAN FAMILY INSURANCE
1 x 5"
Black Only
1x5.american.4/8.6601.1k

Remembrance

continued from page 11

little sister. My mother was capable of working, but chose to go with her instead," Samelson said in a broken voice, tears streaming down his face. "I don't remember how my mother looked. I know she sang. She had a beautiful voice. ... but I can't remember her face." Samelson refused to mention Adolf Hitler by name, instead calling him a demon. But anytime there are demons, angels must also be mentioned, he said.

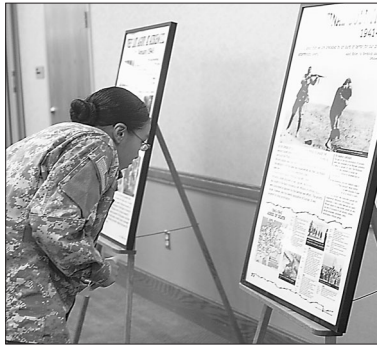
The first angel he met was a Nazi in his labor camp. Typically, when he called a worker into his office, that meant the person was going to die. One day, Samelson was called into his office.

"And I said my good-byes to my brother and my cousin, because I knew what was going to happen," he said.

He was asked instead to clean the man's office and while doing so, he noticed a newspaper protruding from his coat pocket. Since the workers had no contact with the outside world, Samelson picked up the newspaper - wrapped inside it was a sandwich.

"So I did what any person who was starving would do ... And when the man came back ... I just knew that he would know something was missing," he said.

"But he told me that I did a good job and to come back tomorrow ... And every day there was a sandwich wrapped in a newspaper," Sgt. Bill Blake was the American Soldier who helped liberate Samelson and carried him



DU/Stroda

First Lt. Lorna Ransom looks at one of the displays scattered around the room before the Days of Remembrance ceremony April 18 at Riley's Conference Center. The displays told about the Holocaust and the featured speaker, William Samelson, a Holocaust survivor.

and his brother out of the labor camp.

"I had never seen that skin color in my life (Blake was black) and he was, I presumed, an angel," he said.

Though Samelson was one of the few children who made it through the Holocaust, he sur-

vived with no personal belongings. But he was thankful simply to escape with his life and memories.

"An enemy can rob you of everything material," he said.

"But they cannot strip you of what you carry in your mind, in your soul and in your heart."

Web site

continued from page 11

toms or other mental health symptoms. This is not unusual after combat. Recognizing and treating these symptoms early is key to preventing them from becoming a disorder such as post traumatic stress disorder.

From the new site's front page, people can navigate quickly to pages for news about military behavioral health issues, frequently asked questions or other sources of information. A page labeled "Get Answers" will allow people to submit specific questions to be answered by experts.

Other links from the front page lead to pages where there is information for groups of people with common interests - Soldiers, couples, children, extended families, National Guard Soldiers, Army Reserve Soldiers or behavioral health providers.

"It is for Soldiers and their families, not just the nuclear families but also members of extended families, who may not be military healthcare beneficia-

ries, but can access the Web site," Ritchie said.

Other pages provide information on specific issues such as post traumatic stress disorder, suicide prevention, behavioral health research, battlemind training, or the assessments and reassessments the Army conducts to detect health problems for deploying and redeploying Soldiers.

Some of the tools available will help families recognize symptoms of stress disorders and help parents explain deployments to children of various ages. Army programs to help - such as deployment assessments and battlemind training, which teaches Soldiers how to improve resiliency and mitigate stress - are explained.

Specific information for unit commanders will be added to the site, Ritchie said, and other additions are being made to adjust to changing needs of Soldiers and their families.

HOUSE FILL AD

HOUSE FILL AD

MILITARY OUTLET
2 x 2"
Black Only
2x215%offomgprn6Military out

MILITARY OUTLET
2 x 2"
Black Only
2x2SpringSpecial Military out

VALASSIS- APC
5 x 11.5"
Black Only
755475 Spirit



Community news briefly

Hiking tour scheduled

Spend an afternoon enjoying the beautiful Konza Prairie by hiking and taking a driving tour from 1 to 4:30 p.m. May 9. Transportation will be provided by the Outdoor Recreation Center.

The trip will include a one-mile hike on the Konza Prairie followed by a guided driving tour of the bison herd.

The cost is \$8 for adults and \$1 for children 17 years of age and younger.

Participants are asked to dress according to the weather.

For more information or to register, call the Outdoor Recreation Center at 239-2363 or 239-6368.

Mother's Day flowers offered

Better Opportunities for Single Soldiers will deliver Mother's Day flowers May 11 at Fort Riley.

Carnations are on sale for \$2.50 a stem or a "mom" pendant and carnation can be purchased for \$8 while supplies last.

Call 239-5614 to place an order.

Post-wide graduation set

The semi-annual combined college graduation ceremony will be held at 1 p.m. May 9 at Riley's Conference Center. All counseling services at Fort Riley Education Services Learning Centers, Buildings 7604 and 217, will be unavailable starting at 10:30 a.m. the morning of the ceremony.

Military personnel, family members and civilian personnel graduating from local colleges are invited to participate in the post-wide graduation ceremony.

For more information on participation, call Adelina Morales at 239-6481.

HOMESTEAD AUTO
1 x 1.5"
Black Only
1x1.SHomestead04/01t:f

HOMESTEAD AUTO
1 x 1.5"
Black Only
1x1.SHomesteadWrecker01/04

MEMORIAL HOSPITAL ABILENE
1 x 2"
Black Only
1x2.mnhlac:4/8.6309.1k

LAKE SIDE MARINE
1 x 4"
Black Only
1x4.Lakeside Marine Apr TP

Organization accepts scholarship applications

Special to the Post

Our Family for Families First, the private, charitable foundation affiliated with Picerne Military Housing, is actively seeking applicants for scholarships and grants to be awarded this year.

The foundation was established to support the educational goals of spouses and children of active-duty Soldiers. College scholarships in the amount of \$40,000 and educational grants in the amount of \$5,000 are available to spouses and children of active-duty Soldiers. The total of the first scholarships and grants awarded for 2007 exceeded \$1 million dollars.

Go to www.ourfamilyforfamiliesfirst.org for more information about the application process and to download forms.

Call (401) 228-2836 or e-mail info@ourfamilyforfamilies-first.org for more information. Applications may be submitted to the foundation at: Families First, Executive Director, 6946 Post Road, Suite 300, North Kingstown, RI 02852.

Qualifying Army families do not have to reside in Picerne Military Housing homes but do have to be stationed at one of Picerne Military Housing's five installations: Fort Meade, Bragg, Polk, Rucker or Riley.

Under the Our Family for Families First education program, scholarships and grants will be

How to apply

awarded as follows:

\$40,000 scholarships

Applications for the \$40,000 scholarships are due April 30. The scholarship is open to students ages 16 to 18 who have applied to a four-year university or college. The scholarship winner will be

awarded \$10,000 per year for up to four years while attending a college or university.

Scholarship applicants do not have to be accepted to a university at the time of application. The scholarship will be awarded when the student begins his or her studies. Scholarships will be awarded mid-May and recipients will be invited to attend an awards banquet in Washington, D.C. on June 9.

\$5,000 grants

Applications for the \$5,000 grants are due June 30. Students in any phase of continuing education may apply for this award. Applicants can apply for this grant annually.

Presenters sought for women's conference

Special to the Post

Interested individuals with knowledge in the areas listed below are being requested for assistance in instructing proposed sessions for a Women's Conference scheduled for Sept. 12 at Riley's Conference Center.

Topics being considered for instructional classes include:

- Easy Entertaining
- Decorating on a Dime

- Self Defense
- Friends Helping Friends - Mental Health & Fitness
- Being Muslim - A Woman's Perspective
- Navigating the Hospital System - Patient's Rights & Responsibilities
- Cooking for One or Two
- Eating Healthy, Staying Fit
- Finances & Investments
- Basic Gardening, Flowering Arranging

- Going Back to school and how to afford it
- Entering the workforce or re-entering the workforce and staying there
- Computer maintenance
- Home Beauty Treatments
- Confidence with Army Customs & Courtesies
- My artwork
- Intro to belly dancing
- Domestic Violence: signs of it and how to assist possible victims
- Finance Management During

Deployments

- How to make the "Terrible Twos" not so terrible

Please contact Morale, Welfare and Recreation at 239-3733 if you or someone you know has knowledge in the areas listed and would be interested in instructing during the Women's Conference.

Considerations for additional topics to be discussed during the Women's Conference are also being requested.

Dresses

continued from page 11

vice honors.

"This project has been more personal," she said. "I can relate more because I'm a girl and I know how important the dress is."

Students at Flandreau Indian School have two events that call for formal dresses. The first is a military ball through the Reserve Officers' Training Corps and the second is the school prom.

Autumn said she will continue collecting dresses through early May. The dresses must be cleaned and ready for transportation to South Dakota by May 5. To donate a dress, call 784-5677.

Autumn said she owes a big "thank you" to everyone who has given dresses and her teachers and principal at Manhattan High School.

"There's been a lot of people that just dropped dresses off in the box at our door," she said. "And there's a lot of people whose names I don't have and I may not be able to thank. So thank you."

HOUSE
FILL AD

HOUSE FILL AD

Recycling

continued from page 12

\$600 - 70th Engineer Battalion
\$500 - 2nd Battalion, 1st Aviation Regiment
\$400 - 610th Brigade Support Battalion
\$300 - 1st Battalion, 1st Aviation Regiment

Reserve

\$300 - 2nd Battalion, 289th Regiment (TSB)
\$200 - Riley Mobilization and Deployment Brigade
\$100 - 166th Aviation Brigade

LITTLE APPLE CHORUS
2 x 4"
Black Only
2x4.Annual Spring Show

JON MURDOCK AUTO MALL
2 x 6"
Black Only
2x8.Wt84

CYBERLINK MARKETING, INC.
3 x 3"
Black Only
3x3.Cyberlink02/22post

USD 475
3 x 10"
Black Only
3x10.usd.schools.4/19.2571.1k





Volunteers of year drive away with awards

Volunteers

The following individuals were nominated for volunteer of the year awards. Winners are denoted with an asterisk.

Retiree/civilian category:

Roy Thompson
Dorothy Johnson
Buz Brucina
Fran Dinkelkamp*

Military Family category:

Sgt. 1st Class Brian Jarvis and Family*

Soldier category:

Cpl. Jesse Robinson
Staff Sgt. Sonia Tapia
Sgt. 1st Class Eldred Toombs
Capt. Christopher Shaffer*

Family member, youth category:

Grissell Perez
Stephen Nolan*
Kassandra Niola

Family member, adult:

Mary Bonneau
Portia Young
Cynthia Switzer
Noel Waterman
Zamary Rosario
Edith Nolan*
Gina Menold
Amy Scarpulla
Andrea Carey
Kerri Beckert
Theresa Gale

Helping Hand Awards

Nancy Smith and the Armed Services YMCA; Tom and Pam Throne, Junction City Daily Union; Lady Troopers; First Command Financial Planning; Briggs Auto Group; Jim Clark Auto Center; Dick Edwards Auto Plaza; Kansas State University; Manhattan Chamber of Commerce; Junction City Chamber of Commerce; City of Ogden; Whiskey Creek Steakhouse Restaurant

By Anna Staatz

Staff Writer

A volunteer is defined as someone who chooses to do something without being asked or obliged.

During a recognition ceremony April 16, Brig. Gen. James Yarbrough, assistant division commander of operations for the 1st Infantry Division, said he often asked himself why volunteers choose to do what they did and then wondered where Fort Riley would be without their service.

"If you see what folks do and you don't shake your head in sheer amazement, I don't think you have a pulse," Yarbrough said.

The post gave special recognition to four volunteers and a family during the Volunteer of the Year ceremony. Fran Dinkelkamp received the retiree/civilian volunteer of the year award. Capt. Christopher Shaffer received the award for active duty Soldier of the year; Edith Nolan was awarded the adult family member of the year and her son, Stephen Nolan, was given the youth family member of the year award.

Sgt. 1st Class Brian and Paula Jarvis and their sons Tyler and

Carson received the volunteer family of the year award.

Each of the category winners was given a certificate, trophy and the use of a new car from a local car dealership. Stephen Nolan was given a savings certificate.

Twenty-two adults and four youths were nominated for the awards. During 2006, there were 2,448 registered volunteers who worked 92,368 hours. Organizers from the Soldier and Family Support Center presented Yarbrough with a check for \$1,687,563.30 – the amount that the post would have had to pay if civilian workers had clocked those hours. Volunteers worked at Irwin Army Community Hospital, Cub Scout and Girl Scout groups, coached sports teams, and were present with food and water during deployment and redeployment ceremonies.

"From us to all of you, thank you for your commitment and your decision to serve others," Yarbrough said.

"Thank you for the impact you have. Thank you for your time and effort, your energy and leadership."

Also recognized during the ceremony were 12 individuals or groups who received Helping Hand Awards.



Post/Staatz

Five volunteers of the year were given special recognition on April 16 at Riley's Conference Center. From left (back row) is Brig. Gen. James Yarbrough, Paula Jarvis, Sgt. 1st Class Brian Jarvis, Capt. Christopher Shaffer, Fran Dinkelkamp, Edith Nolan, Stephen Nolan, Command Sgt. Maj. John Fourhman, (front row) Tyler Jarvis, Carson Jarvis and Shannon Nolan.

101st FSB honors volunteers

101st FSB

The 101st Forward Support Battalion honored Soldier and Family member volunteers during a volunteer recognition ceremony April 16.

The volunteers were honored for donating their time in support of various activities, which included running a concession stand during Fort Riley's Apple Days, mentoring students at Sheridan Elementary School in Junction City and raising money for unit activities. Junction City Mayor Terry Heldstab and 101st FSB Commander Lt. Col. Chris McCurry presented awards in three categories during the ceremony.

The following Soldiers and Family members were awarded

certificates of appreciation for volunteering in 2006:

Capt. John Bezou, Spc. Daniel Bryant, Maj. Kelvin Claude, Mrs. Amanda Conaway, Spc. Levi Conaway, Capt. Justin Day, Mrs. Nancie Dayo, Capt. Ngoye Dayo, Sgt. Ryan Gardner, Spc. Sadie Glassow, 1st Lt. Nick Gleeson, Capt. Todd Hanks, Staff Sgt. Cheryl Hanson, Ms. Savannah Hanson, Mrs. Sarah Litten, Spc. Steve Litten, Capt. Katie Matthews, Spc. Dana McCall, Lt. Col. Chris McCurry, Mrs. Ruth McCurry, Mrs. Christa Miller, Capt. Samuel Miller, Staff Sgt. Otis Oxford, Mrs. Sharron Oxford, 1st Lt. John Patchell, Spc. Johnathan Roseman, Mrs. Patsy Roseman, 1st Lt. Josh Sammons, 1st Sgt. Otis Sampleton, Mrs. Patti Sampleton, Spc. William

Simmons, Mrs. Catherine Skrabacz and Capt. Alex Tignor.

...

The "Guardian Angel Award" was given to the following Family Readiness Group leaders who dedicated an immense amount of

See Volunteers, Page 16

DICKINSON THEATRE
1 x 1.5"
Black Only
1x1.5, adchangeNOVTF11/17.1k

MARKET PLACE
2 x 2"
Black Only
2x2, discount, 1/5, 3845.1k

QUIK PAY
2 x 2"
Black Only
2x2 QuikPay

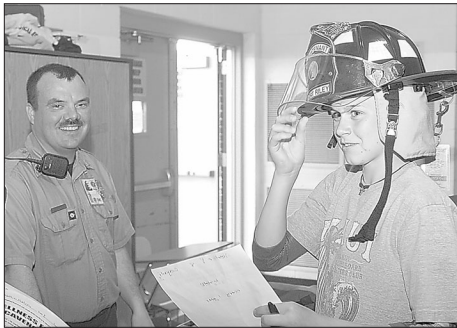
CREDIT UNION 1
3 x 10.5"
Black Only
3x10.5 Credit Union 1

GEICO- APC
3 x 10"
Black Only
753598 Better Protection



Fort Riley Middle School eighth-grader Justice Van Ness tries on a fireman's helmet as Lt. Ivan May of the Fort Riley Fire Department watches.

DU/Stroda



CLASSIFIED RUNOVER
3 x 21.25"
Black Only

Wellness fair

continued from page 11

they'll find something they really like. Some will just end up hanging out with one vendor all day." The vendors at the fair ranged from Veolia Water and the Geary County Extension Office to Pawnee Mental Health and

Kansas State University Recreation. Students could scale a climbing wall, do step aerobics, learn their body fat percentage and play ultimate frisbee. Eighth-grader Jonathan Alvarez was one of the students

who stepped on the scales to learn his body mass index and body fat percentage.

"All of the activities are pretty neat," he said. "You really learn a lot."

Volunteers

continued from page 15

time to ensure the battalion Families were taken care of and informed about matters pertaining to the battalion and the Army as a whole: Mrs. Karen Bezou, Mrs. Sarah Litten and Mrs. Christa Miller.

...

The "Military Outstanding Volunteer Service Medal," which is a Department of Defense authorized medal, was awarded to the following Soldiers who the command believed fully embody the

Army value of selfless service by volunteering their time within the community to make a positive impact on the people around them: Spc. Kerry Billingsley, Spc. Margaret Brock, Spc. Thereka McCintosh and Spc. Jeffrey McWhorter.

GEARY COMMUNITY HOSPITAL
3 x 7"
Black Only
3x7.surgery.1/14.9243.1k

GEARY COMMUNITY HOSPITAL
3 x 6"
Black Only
3x6.geary_hospital.3/22.6125.1k





CLASSIFIEDS





Sports news in brief

Turkey hunting mentors needed

Can you sweet-talk a gobbler off the roost and into the back of your pickup? Would you be willing to pass on your turkey-talking skills to a youth hunter? If you can volunteer a few hours this Saturday morning, April 28, you can make a big difference in a young turkey hunter's career. Some of these youths have fathers who are deployed, while others want to hunt but don't have anyone to take them. Right now the Fort Riley Outdoorsmen Group has a large number of youths signed up for the Youth Turkey Hunt, and we need a few more experienced, safe hunters to help. Orientation for youths is April 26 at 6:30 p.m. at the Conservation Office. Call Chris Kubik at (785) 318-1258 for more information or to volunteer.

Canoe, camping trip scheduled

Join Fort Riley's Outdoor Recreation Center for their Canoe and Camping Trip May 25 and 26.

The trip will include canoeing on the Blue and Kansas Rivers with one night of camping under the stars.

The \$45 per person fee includes two meals, canoe, paddles and personal flotation devices.

Participants will leave from the Outdoor Recreation Center at 4 p.m. May 25.

For additional information contact the Outdoor Recreation Center at 239-2249.

Individuals must attend a pre-trip meeting at 4 p.m. May 21 to participate.

Baseball sign-up to begin

Registration for Start Smart Baseball will begin May 7 and continue until May 25 at Child and Youth Services, Central Enrollment and Registration, Bldg. 6620.

The registration fee is \$20 per child. All children wishing to participate in Start Smart Baseball must be enrolled through CYS and their yearly \$18 (up to \$40 maximum per family) registration fee paid.

Start Smart is an instructional program for youth between the ages of 3 and 4 and their parents.

The program is designed to prepare children for organized team sports in a fun, non-stressful environment.

Start Smart Baseball will meet between June 4 and July 9. The program will be held Mondays from 5:45 to 6:30 p.m. at the Middle School Teen Center.

All players should wear comfortable clothing and tennis shoes. All other equipment will be provided.

For more information or to register, call 239-4847.

Youth soccer sign-up to begin

Help your child beat the heat this summer by signing them up for Youth Sports and Fitness indoor soccer league.

Registration will be from May 7 to 25 at Child and Youth Services, Central Enrollment and Registration, Bldg. 6620.

The league is for youth completing second through eighth grades and there is a \$20 registration fee per child with a maximum of \$40 per family.

All participants must have a sports physical form on file, dated on or after July 31, 2006, at the time of registration.

The league breakdown will be: Pinto, second and third grades; Mustang, fourth and fifth grades; and Bronco, sixth through eighth grades. Volunteer coaches also are needed.

For more information, call Youth Sports and Fitness at 239-9223.

Fishing event scheduled

Disabled veterans, Soldiers and their family members from Fort Riley and surrounding communities are invited to the first Wheelin' N' Reelin fishing event.

The fun will begin at 10 a.m. June 2 at Fort Riley's Moon Lake.

The facility will be handicapped accessible and fishing equipment will be provided.

For more information, call 239-6398.

Volleyball registration set

Registration will begin May 7 for two volleyball camps hosted by Youth Sports and Fitness for

students entering grades five through eight.

Volleyball camp for students entering grades five and six will be from 5:30 to 6:30 p.m. August 6 through 10.

Youth in grades seven and eight will begin camp on August 6 and continue until August 10 from 6:30 to 7:30 p.m.

The registration fee is \$20 and students must be enrolled through Child and Youth Services to participate.

A sports physical dated on or after August 10, 2006 is required to register for the volleyball camps.

For more information, call Youth Sports and Fitness at 239-9223.

Neighborhood nights set

Fort Riley's Youth Sports and Fitness will be hosting several Neighborhood Nights for communities on post.

The evenings will include games, door prizes, and fun and energetic sports designed for the entire family.

Neighborhood Nights will begin at 6 p.m. and continue until 7:30 p.m. each evening.

The following communities will have Neighborhood Nights on the below dates:

May 1 - Colver Manor
May 8 - McClellan Place
May 15 - Warner Heights.

For more information about upcoming Neighborhood Nights, call 239-9223.

Boater safety course

All individuals planning on operating a boat must first complete a Boater's Safety Course.

Fort Riley's Outdoor Recreation Center will be offering a two part course for individuals to complete.

A certified Kansas Department of Wildlife instructor will certify individuals for all 50 states.

The first session will be from 6 to 9 p.m. April 19 at the Outdoor Recreation Center and the second session will meet at Milford Lake on from 8:30 a.m. to 1:30 p.m. April 21.

A registration fee of \$10 is

offered at pool

Skip the burger and fries and join Fort Riley's aquatic staff for a "liquid lunch" every Monday, Wednesday and Friday from 11:45 a.m. to 12:30 p.m.

This 45 minute high intensity class will boost cardiovascular

endurance and strengthen and tone muscles.

All water fitness classes are \$2.50 per session or \$20 for 10 sessions with a punch card.

Call 239-9441 for more information or to order a punch card.

Classes will be instructed at Long Pool until renovations are complete at Eyster Pool.

ASSOCIATED MARKETING/PR/ADVERT
3 x 8.5"

3x8.5 PULL COLOR Internet

SCREEN MACHINE
2 x 2"
Black Only
2x2ScreenMac01/04.tif

DOCUMENT RESOURCES
2 x 2.5"
Black Only
2x2.5 Shared Day

FIRST ASSEMBLY OF GOD-MANHATTA
2 x 4"
Black Only
2x41st Assem God 11/01.tif

HARRAM'S PRAIRIE BAND CASINO
4 x 10"

4x10 Pull Color Blackjack

